

# **INTRODUCTION TO PANKRATION**

**The Fighting system of the  
ancient Olympics**

Sunday March 14th 2010

Swale Martial Arts Club  
127 east Street  
Sittingbourne  
Kent  
ME10 4BL

Cost £30



9.30am till 2.30pm

A seminar by Vagelis Koutras  
European President International  
Pankration Federation

Money to IBF at above address by  
March 7th 2010